

SEPTEMBER 2022 ISSUE #18

PREPARING

SAFETY HEALTH AND RISK E-CONNECT NEWSLETTER

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC. - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

The opinions expressed in this newsletter are those of the author's and do not reflect the views of LGRMS, ACCG, or GMA.

SAFETY THEME DOWNLOAD THIS MONTH'S SAFETY POSTER

HEALTH PROMOTION Services

CHECK OUT THE LIVING WELL GEORGIA CORNE **RISK/LIABILITY** CHECK OUT THIS MONTH'S LIABILITY BEAT

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UPCOMING WEBINARS AND TRAINING EVENTS

HEALTH & PROMOTION CHAMPION TRAINING Half Day | 8:30AM - 12:00PM

September 27 - Gainesville September 28 - Cartersville

LAW ENFORCEMENT Full Day | 8:30AM - 4:00PM

October 25 - Tifton October 26 - Macon October 27 - Cartersville

LAW ENFORCEMENT RISK MANAGEMENT TRAINING FULL DAY | 8:30AM - 4:30PM

November 7 - Middle Georgia State College, Macon November 8 - Middle Georgia State College, Macon

FIRE FIGHTER CANCER TRAINING Half Day 8:30AM - 12:30PM

November 10 - Thomasville, GA November 14 - Macon, GA November 16 - Brunswick/Glynn County November 29 - Cartersville November 30 - Gainesville

IMPORTANT NOTE:

Dates may be subject to change. Please check the LGRMS website for the most current listing of training events in your area. Please visit: www.lgrms.com/trainingeventcalendar



3500 Parkway Lane Suite 110 Peachtree Corners, GA 30092

www.lgrms.com



Welcome to the September edition of SHARE, the monthly publication of Local Government Risk Management Services (LGRMS). SHARE is sent to all GIRMA/IRMA, WC, and Life & Health members 10 times per year.

SHARE has two sections: (1) a general safety, risk, and health section, and (2) a worker safety-focused section similar to the old Safety Theme.

We cover those topics and issues most relevant to Local Governments in Georgia, plus some new features. We look forward to your feedback. The LGRMS SHARE is published on or around the 20th of each month. If you are not currently on the distribution list to receive our monthly newsletter, it can be downloaded for free from the LGRMS website (www.lgrms. com).

IN THIS ISSUE

In this issue we have a variety of articles focusing on current topics affecting local governments. Workers and worker safety is always our number one focus. As part of that, our focus for is Hurricane and natural disaster preparedness. The Safety Theme delves into what steps should be taken in anticipation of large storms and the unexpected outcomes associated with the effects of natural disasters. The Director's Corner examines training as a key part of any safety and risk management (S&RM) process. Also included are articles discussing Tasers, The Pitgalls of Relying Too Much on State and Constitutional Caselaw, Cold and Flu Fighting Foods, and a list of upcoming training events currently available for registration. To do so, go to www.lgrms.com and click on TRAINING EVENT CALENDAR to see what is offered. For questions or issues, contact Tamara Chapman at tchapman@lgrms.com, or Cortney Steptor at csteptor@lgrms.com.

Be safe.

Should you have any questions or concerns, please contact: Dennis Watts, <u>dwatts@lgrms.com</u>, or Tammy Chapman, <u>tchapman@lgrms.com</u>.





Training and Learning

Training is a key part of any safety and risk management (S&RM) process. But beware, it is only a part of any successful S&RM process. If you don't have sound policies and strong leadership to manage and reinforce those policies, the best training in the world will have little effect on changing culture and behavior.

There are many books and degrees you can obtain on training development. The purpose of this article is just to give you a few key elements of what I think it takes to develop a solid training program.

- <u>Conduct a Needs Assessment:</u> Conduct a needs assessment to determine what specific training is needed. This assessment can be done formally through surveys/audits or via informal conversations with a sample employee population.
- 2. Define Learning Objectives: Once you have identified the training needs, then start defining your learning objectives. These objectives will answer the question, "What do you want your employees to know after they have completed the training?" Make

these objectives as specific as possible and avoid broad objectives (i.e., demonstrate scanning techniques, employ three second distance cushion, and know vehicle's stopping distance vs. learn defensive driving).

- Know Your Audience: You should know your target audience and have the answers to these questions.
- a. Based on the learning objectives, what are their strengths and where are the biggest opportunities? You may have a general sense of this from your needs assessment, but there may be exceptions within the group. There may be someone within your audience that might be a Subject Matter Expert (SME) within a certain learning objective. You may want to consider using that SME during the training to share their story.
- b. <u>Understand how they best learn.</u> Your audience will be adults. Some of them will have a basic education and may not really enjoy classroom training. Others will have advanced degrees. Most adults don't like to be preached to or told something they already know. They retain information from being engaged in the training. There are several simple ways to get employees engaged in training. Here are just a couple of ways.
 - i. Evaluate Others
 - 1. Provide success criteria on the completion of a specific task.
 - 2. Employees observe a video or a scenario of others doing that task.

- Employees use the success criteria to evaluate the task performance.
- 4. The trainer then provides feedback on the employees' evaluation.
- ii. Group Discussion
- 1. Break class into small groups.
- 2. Trainer asks the groups a question and let them brainstorm.
- 3. Each group reports on the results of their discussion.
- 4. The trainer provides feedback on each team's responses.
- 4. <u>Know Your Trainers:</u> You don't always have to be a Subject Matter Expert (SME) to be a trainer. Also, the greatest SME, could be the worst trainer. If you have access to a SME, and they aren't a great trainer, utilize them within the training for specific tasks.
- Select Your Training Format: As you know, there are several different formats for delivering information. Keep in mind that different learners prefer receiving training in different ways. Some prefer things in writing, some prefer spoken word, and some prefer visual examples. On-the-job or on-the-floor training can be as effective as classroom training. Although PowerPoint is a great tool, there is a disease many trainers aren't aware of. It is called "Death Through PowerPoint". Remember, these simple rules. a. Don't read you presentation straight from

the slides.

- b. Graphics and sound effects don't make the information interesting.
- c. Make sure the slide is readable from all areas of the room.
- d. Don't overload your slide. Most people have a short attention span.
- e. Keep it simple, the shorter the bullet point the better.
- f. Remember the training objectives, remember what is important. Don't overload your audience with information that they don't need to know.
- 6. Check for Understanding: A check for understanding can take many forms. You can do a written exam at the end of the training. You can ask questions throughout the training and at the end of the training. You can have your employees demonstrate what they have learned. You can have your employees evaluate other employees on their performance. If you don't measure the training against the learning objectives, the learning objectives are irrelevant.

REGISTER FOR AN LGRMS IN-PERSON 5



Register for an LGRMS Regional Training Event Today

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LGRMS Regional Training Classes are **NOW OPEN for Registration!**

- SIGN UP TODAY-

CLICK HERE TO REGISTER



Natalie Sellers LGRMS Law Enforcement Risk Consultant

Since the advent of the Taser in 1993, it has become one of the most widely used forms of less lethal force in law enforcement. Taser joined the family of less lethal force that is made up of pepper spray (OC) and ASP baton. Less lethal use of force implies that such a weapon is less likely to cause death or serious bodily harm. Force is defined as the use of power to compel or restrain the behavior of others. What lies at the foundation of police work is the capacity to use coercive force and ability to make discretionary decisions about the amount of force necessary to compel a person.

Although it is "less likely" to cause serious injury of death, there are a plethora of cases involving suspects dying or being seriously injured because of being tased. With any use of force, the courts will look at three factors to determine if a particular use of force is objectively reasonable; 1. How serious was the offense that the officer suspected at the time the officer was in contact with the individual, 2. Did the suspect actively resist or attempt to evade arrest by flight, 3. Did the suspect pose an active threat to the officer or others, as was handed down in the Graham v. Connor decision. Over the years, the use of the Taser has resulted in death and serious bodily injury across the country. Upon examination into each case, it was not always the Taser that caused harm, but rather the manner with which the Taser was being applied. This has resulted in many court cases and due to the lack of prosecution for excessive force against officers, juries are rendering excessive monetary verdicts against cities and counties across the nation.

Most recently here in Georgia, a federal jury in Atlanta has awarded \$100 million to a 70-year-old panhandler who fell and broke his neck after a police officer tased him during a foot chase. In 2019, a 19-year-old was left paralyzed when a taser was used on him as he jumped over a fence. The teen fractured five of the seven vertebrae in his neck that left him paralyzed. In 2017, a mentally ill man died after being tased for over a minute and a half.

The federal courts have ruled that the Taser is generally equivalent to OC spray on the use of force continuum and therefore decisions to use the Taser involve the same basic justifications. As such, the Taser is prohibited from being used:

- a. In a punitive or coercive manner
- On a handcuffed/secured prisoner, absent overtly assaultive behavior that cannot be reasonably death with in any other less intrusive fashion
- c. On a suspect who does not demonstrate their overt intention (1) to use violence or force against the officer or another person or (2) to flee in order to resist/avoid detention or arrest (in cases where the officer would pursue on foot)
- In any environment where an officer knows that a potentially flammable, volatile, or explosive material is present (including but night limited to OC spray with volatile propellant, gasoline, natural gas, or propane)

Interesting case out of Joplin, Missouri in which two officers responded to a report of a suicidal man. The man was in his backyard and when officers arrived, and he ran into his home. The officers pursued the man into the house and at one point, one of the officers fired his Taser. Unfortunately, the man had opened all the natural gas outlets as a part of his suicide attempt and the house exploded. The man was killed, and the two officers were severely burned. It is speculated from officers close to the case that the Taser ignited the explosion.

There have also been about 15 cases nationwide involving weapon confusion where the officer meant to draw their taser and mistakenly drew his firearm instead. These low frequency high risk situations have devasting consequences. Two out of the fifteen people accidentally shot died. Five of the fifteen officers were found guilty to "culpable negligence" or manslaughter and sentenced.

From the Court of Appeals right up to the Supreme Court, the objective reasonable doctrine, just three questions, will be examined in every use of force case to determine if the force applied was reasonable. Officers and departments alike would be prudent to consider using this three-factor test to determine when or how much force is appropriate in any given circumstances. Perhaps the most important decision comes out of the 10th Circuit Court of Appeals that opined that just because a tool is dangerous does not make it per se deadly force. Equally as important is the courts recognition that although a tool may have the potential to cause serious bodily harm or death, they also may resolve a situation short of deadly force. (Law and Best Practices, Jack Ryan, 2022, pg. 113)

Across the country, court are ruling on excessive force cases involving officer discretion when deploying their Taser. Not only are officers' decisions called into play, but the courts are also examining training, supervision, and departmental policy or lack thereof. Agency Policy, Training, and Supervision Recommendations

Policy – Lack of an up-to-date policy has been viewed by the courts as being deliberately indifferent. If you have a policy, ensure it is up to date and wording of the objective reasonableness doctrine in stated within. Limit number of deployments and cycles as well as tasing from an elevated position. And finally, weakside carrying of the Taser to reduce weapon confusion. Training – In order to improve officer performance, departments are encouraged to provide scenario-based training that incorporates review of policy and the reasonableness doctrine, as well as but not limited to the following areas of concern:

- Excited Delirium and persons of Diminished Capacity
- 2. Secondary impact
- Subjective Decision vs. objectively reasonable decision making
- 4. Target area and probe placement
- Less intrusive means when officer safety is not a legitimate concern
- 6. Report writing including reasonableness doctrine with Taser deployment
- 7. Weak-side drawing
- 8. Deployment on protestors
- 9. Drive Stun mode

Supervision – Review all use of force cases involving Tasers to ensure proper use and use corrective action when necessary.

Protect your department, protect your officers, and

protect your community by increasing the level of training provided. Training increases professionalism and will decrease your departmental liability. If you need policy review, please contact nsellers@lgrms. com. If you would like to schedule on-site departmental training on De-escalation with Ti Shooting Simulator, please contact dtrotter@lgrms.com.



HAS ANYTHING CHANGED? FILL OUT THE FORM ON PG. 10

To ensure that we are able to keep you abreast of program changes, training dates, etc., we are asking that you please take a moment to complete the Contact Information form on page 10.

For your convenience, we have made it fillable (meaning that you can fill it out online, save, and send it back via email); or if you prefer, you may print it out, complete the required fields, and send it back to us via mail or fax.

LGRMS

Attn: Tamara Chapman 3500 Parkway Lane Suite 110 Peachtree Corners, GA 30092

Email: lgrmsadmin@lgrms.com

Fax: 770-246-3149



CONTACT LIST FORM

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by Lour Reiter, LLRMI Co-Director and Director of the Public Safety Internal Affairs Institute

Why Agency Policy, Instense Analysis of Critical Incidents, and Employee Misconduct is More Important.

The U.S. Supreme Court and the other Federal courts have been good to law enforcement. Their decisions have saved local police jurisdictions a lot of money when cases are dismissed for a variety of legal reasons; most don't survive the critical review by these courts. But these cases have done little to safeguard officers and the subjects they encounter during police activities. Law enforcement agencies that rely only on state law protections and caselaw guidance in the development of policy and training are doing a disservice to their police officers, subjects being confronted by the officers, and the community it serves.

Let me illustrate with a recent case. The [1] 5th Circuit in Harmon, et al., v. City of Arlington, et al. dismissed the case by granting Officer Tran qualified immunity and dismissing Cityliability. The initial stop was for an expired registration tag. The initial officer told the driver and passenger that he smelled marijuana coming from the large SUV and it would have to be searched. Officer Tran arrived on the scene and began talking with the men in the SUV and then, from the court record:

"After some small talk, Terry started raising the windows and reaching for the ignition. Tran immediately shouted, "hey, hey, hey, hey," clambered onto the running board of the SUV, and grabbed the passenger window with his left hand. Tran reached through the passenger window with his right hand and yelled "hey, stop." Tran retracted his right hand and rested it on his holstered pistol. Then Terry fired the ignition and shiftedinto drive. Just after the car lurched forward, Tran drew his weapon, stuck it through the window past Harmon's face, and shot 5 rounds, striking Terry four times (who died from these injuries)."

This incident occurred in 2018. Shortly after the shooting incident, the city terminated OfficerTran. In 2020 the local prosecutor indicted Tran for "negligent homicide." What Officer Tran did in this incident may be "unsettled law" by the 5th Circuit and the U.S.Supreme Court in recent years dealing with police vehicle shootings [2], it isn't "unsettled" within the law enforcement industry. It's just stupid field tactics that have been "settled" by law enforcement since the 1980s and Officer Tran violated "well settled" police training. It's one of many police shooting cases that are "legal, but awful." The written policy of a police agency is allowed to be

more restrictive than state law or Constitutional caselaw. It's a wise choice for an agency to ensure that its officers stay afoul from criminal prosecution or civil liability. But the more important reason for a more restrictive written policy is that it provides the agency to be responsive to changing community expectations and gives the agency the foundation to hold its officers accountable for their actions that might be legal but are violations of workplace rules and training.

I have written and opined about high-risk vehicle approach tactics, a common and critical field police task. "High-risk vehicle stops were called "felony stops" prior to the 1980s. The term "high risk" became more descriptive for police work. [3] A non-violent felony alone may not warrant such a police tactic, while a stop without any indication of any crime might justify such a stop procedure. These are common encounters in police work. They are the subject of police training. These principles are also documented in numerous police texts, police periodical articles, and police training lesson plans...These police high-risk vehicle tactics are designed to protect the involved police officers, as well as the subjects who are being stopped by the police. The essential elements are that officers are trained to expect that subjects being stopped during a high-risk vehicle stop should be assumed to be armed and assumed that they may react erratically. Police officers are trained to remain behind their vehicles and not approach the subject and his/her vehicle until that vehicle is not operational. [4] Officers are trained to be methodical in their approach to this tactic. It requires theofficers to remain in a position of advantage with reasonable cover for protection, normally the police vehicle. The subjects are then commanded to turn off the vehicle and eliminate he keys from the vehicle. The extraction of the subjects from the vehicle is then a methodical process of verbal commands, subject placement, and eventual control.

"When these tactics are consciously disregarded, they more often than not result in police misconduct and/or improper uses of force and equipment. These often result after police pursuits, even more so after a long police pursuit. That is the reason police agency procedures require a supervisor to monitor and, if possible, respond to the conclusion of all pursuits. Police officers engaging in these pursuits become intense in the necessity to apprehend the subject. "When the subject stops, the officers rush to the vehicle disregarding their training in high-risk vehicle approaches. This causes two (2) significant problems ineffective and safe subject control. The officers consciously place themselves in positions of disadvantage. This can cause them to react precipitously, misperceive the actions of the subject or resort to the use of unreasonable force. The actions of the officers also can cause the subject to become agitated and react contrary to reasonable control. This subject actionc ould be unexplained physical movements or sudden movement of the vehicle. These can often result in misinterpretation by officers who then resort to use of deadly force."

Yet just about every week we see violations of these common police tactics. Officers and subjects are being injured and killed.

Today there exists a wide gap between the guidance and recommendations of leading law enforcement professional organizations on many potential misconduct areas, but most significantly on the use of force. The IACP relies on its "National Consensus Policy and Discussion Paper on the Use of Force" initially published in 2017 and updated in 2020. While the Discussion Paper is extensive in addressing the myriad of issues involved, the Model Policy represents the approach of relying on legal and caselaw aspects rather than broader policy and training. PERF in its "Use of Firearms Policy" in 1999 takes a broaderview, "Regardless of state law restrictions on police use of deadly force, police departments retain the option of placing tighter restrictions on their own officers. Moreover, available evidence suggests that the establishment of a policy emphasizing respect for the sanctity of human life reduces shootings without negative effects on law enforcement or public safety."

State laws and Constitutional caselaw have not produced the life-saving training and tactics that agency critical examination of each use of force incident has. Consider some of these developments that law enforcement has initiated despite the absence of guidance from laws and caselaw:

- SWAT type units and tactics
- · CERT and similar detention facility tactics
- · Disengagement on some suicidal calls
- · Less than lethal weaponry
- Computer assisted and virtual firearms training systems
- · High-risk vehicle approach tactics
- Active shooter tactics
- Suicide by cop encounters
- · Vehicle and foot pursuit policies and training
- Duty to intervene training
- De-escalation training
- Psychological debriefing of those directly involved in critical incidents
- Employee wellness programs

Issues involving police use of force are only one of the employee misconduct areas that have not been adequately affected by state law and Constitutional caselaw. Law enforcement has learned from its own critical analysis of incidents that might be legal but awful. State law and Constitutional caselaw isn't adequate and have never been. Consider all the developments that have been made by police agency critical analysis over the years to keep officers, subjects being encountered, and the public safe during tense field encounters. Of course,there are other misconduct areas that still need to be addressed by law enforcementagencies.

- · Handling of the mentally ill, persons of diminished capacity, and suicide by cop encounters. Law enforcement has had training on these subjects beginning in the1950s. It was law enforcement that identified the issue of 'suicide by cop' and developed training to attempt to minimize the fatal outcome. Law enforcement recently has teamed up again with mental health professionals to provide on-site responses tocalls involving persons of diminished capacity responding to the increase of community concerns. The courts, including the U.S. Supreme Court, have not provided anyspecific, reasonable alternatives for law enforcement in cases involving the mentally ill other than was the force used 'objectively reasonable' when applied. In Sheehan [5] the U.S. Supreme Court had the opportunity, but it elected to punt, not address theissue, and decide only on the use of force issue.
- The use of neck restraint control holds by law enforcement became an issue of concern within advocacy groups in the 1970s. Law enforcement, on its own, changed from a straight bar-arm control to the lateral vascular neck restraint hold. The City ofLos Angeles v. Lyons

case sought to order injunctive relief against using this hold. In 1983 the U.S. Court struck down that injunctive relief. There are few court decisions that have decided issues of specific tools, tactics, or training mandates for law enforcement. Even after that U.S. Supreme Court decision, the Los Angeles Police Commission elevated the use of a neck restraint hold to just under deadly force. Since that case, most law enforcement has done to same or outright eliminated the neck restraint hold. Only since the George Floyd incident in 2020 have some states legislated the elimination of the neck restraint hold.

• Since the national protests following the George Floyd incident in 2020 some local jurisdictions have politically imposed restrictions on the use of some police riot control tactics involving weapons and chemical agents. But these have been at the forefront following the WTO Seattle demonstrations (1999), the Occupy Movement (2008), and the MacArthur Park May Day incident in Los Angeles (2007). Again, few court decisions have had a direct impact on what tactics and tools the police use during these demonstration control encounters.

Public safety officers aren't immune from domestic related incidents. State law whether it's called comestic or family violence frequently doesn't solve the underlying employee problems. Most of the time the victim refuses to cooperate with the criminal and prosecution aspects, or the case is lowered to some legal consequence that now isn't violence related or not deemed a conviction. But a well-written policy can allow the agency to get the necessary help to the involved persons and discipline, when necessary, despite the state law issues. In most cases, the domestic related incident is simply the tip of the employee's problems that can be addressed in the administrative setting.

• Police sexual misconduct cases may rise to criminal prosectution for rape, sexual assault, or stalking. But those are the exception to the on-going police sexual misconduct problem. Most don't reach that criminal level that the prosecutor seeks, or the victim is reluctatnt to go through the criminal process. Fortunately for agencies, the courts are reluctatnt to hold them accountable in civil court unless there can be shown that supervisors had direct knowledge of the sexual misconduct and chose not to do anything about it. Yet few police agencies still don't have a written policy or provisions for an administrative no-contact order that adequately covers sexual misconduct. Every reasonable police agency should know that the potential for some form of sexual misconduct internally or externally exists. Failure to address this issue with a reasonable written policy, specific training, and stront discipline will adversely affect the agency, employees, and the community.

So, in the end, what does all this mean? It means we

in law enforcement can solve our own problems, but often we don't or won't. Laws and Constitutional caselaw might identify some of our warts or areas that need improvement, but those are usually delayed and knee-jerk reactions and rarely offer any specific tactical and training guidance. Written policy, training, supervision, critical analysis of force and misconduct incidents, and employee discipline can change agency culture and produce a police agency that can effectively serve its individual and diverse community. Legal and Liability Risk Management Institute (LLRMI) provides consultant services toagencies that are creating or improving their written policies. Our team members ensure thatthe policies meet your agency and community needs while still adhering to 'best practices'and your specific state requirements.

[1]Harmon, et al., v. City of Arlington, et al.; 20-10830 (5th Circ. 2021)





[2] Scott v. Harris (2007); Brosseau v. Haugen (2004); Plumhoff v. Richard (2014); andMullennix v. Luna (2015)

[3] While many police agencies trained in this essential field tactic prior to the mid 1970's, law enforcement was forced to re-examine its training following the tragic shooting deaths of four(4) California Highway Patrol officer in 1974 in Newhall, CA. This resulted in the series of police training videos produced by Motorola followed by the excellent materials of Calibre Press in Northbrook, IL. This training organization in the past reaches approximately 30,000 police officers each year during its "Street Survival" seminars.

[4] In the leading and generally considered most authoritative tactical texts, Street Survival: Tactics for Armed Encounters (1980 initial printing) and The Tactical Edge Risk Patrol (1986 initial printing), both by Calibre Press. In the latter on page 316 it is referenced, "One of the few absolutes in officer survival applies to high-risk stops: never EVER approach anoccupied vehicle."

[5] *Sheehan v. City/County of San Francisco* (2014) the issue dealt with a diagnosed mentally ill patient in a designated group home. The policy and training of San Francisco Police was detailed, specific and met the standards of CA. POST. The officers violated those policy and training criteria. The Court had the opportunity to address whether knowledge of mental illness should be considered by officers during their decisions to use deadly force, but the Court elected not to address that issue.

September SHARE

Who said safety can't be fun? Test your knowledge and see how much you have retained from the articles in this month's SHARE Newsletter. Solve each puzzle using words and clues scattered throughout the publication. Check your answers on p. 24

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Autumn FUN WITH



CRYPTOQUOTE. Enjoy a good mystery? Try your hand at figuring out this quote. Each letter in the phrase has been replaced with a random letter or number. Try to decode the message. The first letter has been provided. Check your answers on p. 24

MAZE. The fall is a wonderful time of year, but don't get too enamored by it's beauty, because hazards are all around. Test your abilities to move past perilous situations in our a-Maze-ing puzzle and see how quickly you can make it to safety. *Answer key on p. 24*





The old saying, "starve a fever, feed a cold", may be seared into many of our brains. Before you gorge on junk food this cold season, let's see if there is any truth to this folklore. Our body's immune system has to fight cold and flu viruses to get better. Doctors do think that eating can help your body to combat viruses and even help you feel a little better.

Don't use this as an excuse to stuff a cold with comfort foods. Experts say it's best to fuel the body with a healthy, nutrient rich diet to build your immune system and fight inflammation with:

• Fruits and vegetables (apples, cranberries, bananas, tomato sauce)

• Protein (oatmeal, chicken, fish, turkey)

• Lots of water, decaffeinated juices and teas (orange or cranberry juice and green tea)

As you probably guessed, chicken soup is a great example of a healing food when you're sick.

"Adam and Eve ate the first vitamins, including the package." E.R. Squibb

And there are many ways you can protect yourself, as well as your employees' health. You can start by participating in the LGRMS HPS Forum Call, in which we'll go over a Health Toolkit that provides "tools" to promote health in your organization.





The Health Toolkit for October is available now. In it, you'll receive all the tools you'll need beforehand to start planning. The 2022 Monthly Forum Call calendar is out too. The Forum Call is for Health Promotion Champions and individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. All are welcome to participate. You'll receive an invite each month. Please stay on the lookout!







WEEK	ACTION/ACTIVITY	RESOURCES
Week of September 26th	 Start planning for first week of October Promote events on company's social media site and intranet sites Consider giving out Breast Cancer Awareness Promotional Items Consider bringing on-site a Mobile Mammography Unit 	Breast Cancer (ACS) Breast Cancer in Men (ACS) Breast Cancer Awareness Month (SGK) • 33 Ways to Observe Breast Cancer Awareness Month (PP)
Week of October 3rd	 Hang poster Breast Cancer Awareness Distribute quiz Test Your Knowledge About Breast Cancer Distribute flyer Breast Cancer Facts and Figures Decide on Breast Cancer Awareness Promotional Items Contact your local hospitals and screening providers to see if they have a Mobile Mammography Unit 	 Poster - CCKC: Breast Cancer Awareness Quiz - ACS: Test Your Knowledge About Breast Cancer. Flyer - NBCC: Breast Cancer Facts and Figures Examples of Breast Cancer Awareness Promotional Items: here and here. (For suggestion and idea purposes only; you may choose where you'd like to purchase items.) A Mobile Mammography Program in the Workplace (MES)
Week of October 10th	 Distribute video Are Breast Cancer Symptoms Different in Men than in Women? Hang poster Breast Self-Exam for HIM and Breast Self-Exam for HER Distribute flyer Breast Self-Exam for HER and Breast Self-Exam for HIM Order/purchase Breast Cancer Awareness Promotional Items Confirm date with local hospital or screening provider and promote on-site Mobile Mammography Unit 	 Video – PH: Are Breast Cancer Symptoms Different in Men than in Women? (0:34)? Poster – BSE: Breast Self-Exam for HIM and Breast Self-Exam for HER Flyer – BSE: Breast Self-Exam for HER and Breast Self-Exam for HIM
Week of October 17th	 Hang poster Men Why Chest Check? Distribute brochure Men Can Get Breast Cancer Too Give out Breast Cancer Awareness Promotional Items Promote on-site Mobile Mammography Unit 	Poster – WTW: Men Why Chest Check? Brochure – SGK: Men Can Get Breast Cancer <u>Too</u>
Week of October 24th	 Hang poster Every Woman. Get a Mammogram. Distribute podcast Breast Cancer Early Diagnosis Distribute podcast What Does It Mean to Have Dense Breast? Hold on-site Mobile Mammography Unit 	 Poster – CDC: Every Woman. Get a Mammogram. Podcast – CDC: Breast Cancer Early Diagnosis (1:47) Podcast – CDC: What Does It Mean to Have Dense Breast? (2:34)
Week of October 31st	 Hang poster Take Time for Your Health Distribute flyer Taking Time for Your Health Distribute vide Do You Have a Question About Cancer? Schedule a Video Chat 	Poster – Anthem: Take Time for Your Health Flyer – Anthem: Taking Time for Your Health Video Chat – ACS: Do You Have a Question About Cancer? Schedule a Video Chat!

FUN WITH RECIPES

RAINBOW BAKED TROUT

Ingredients:

Rainbow Trout | Olive Oil | Salt | Pepper | Garlic | Lemon



1 Rainbow Trout Fillet | 1/2 Tbsp Olive Oil | Salt and Pepper | Minced Garlic | Fresh Lemon Slices

Preheat oven to 400° F. Line a rimmed baking sheet with parchment paper. Place the fish skin-side down in the center of the baking sheet. Brush 1 ½ tablespoons of oil on the top of the trout. Sprinkle salt, pepper, and minced garlic. Top with lemon slices. Bake for 15 minutes.

FUN WITH SAFETY ANSWER KEY



"I came into spray the plants and he fainted."

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Cryptoquote Puzzle Asnwer Key



Maze Puzzle Asnwer Key



Word Search Puzzle Asnwer Key





LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

Storm Readiness WEATHER ARA AND OTHER EMERGENCIES DON'T FORGED UNITED TO Plan



Weather and other Emergencies "Don't Forget to Plan"

September, is National Preparedness Month. We need to remember the impact of the last several years of severe weather and the resulting weather related issues that can affect thousands caught on the roads, or in homes without power, transportation, water, and the other necessities of normal life. If you have ever worried about family members stranded on the road, or frantically worried about the safety of your children or a loved one you know what I mean. Texas has just experienced Hurricane Harvey with its destructive power, now the Caribbean, Florida, Georgia, North and South Carolina, Face Hurricane Irma, with another Hurricane following behind. Regardless of the best plans it is imperative that individuals take responsibility and prepare for emergencies in partnership with their local governments. The FEMA website has more detail on all aspects of emergency management and planning. Many local Emergency Management Agencies also have significant resources for emergency planning. For more information visit www.fema.gov.

A recent report rated Georgia as not prepared for emergencies, particularly where children are concerned. Being prepared is not just a federal, state, or local government function it is a whole community function. The whole community includes individuals and families, businesses, faith based and community organizations, nonprofits, schools, media, and all levels of government. For example; Schools cannot make proper emergency plans for your children if you as parents don't give them up to date contact information. Involving the whole community means letting our citizens become involved in local and national preparedness objectives. It also means that roles and responsibilities are clearly articulated and then communicated to all. Here are a few considerations for both local governments and individuals.

Emergency planning considerations

- Have a communications plan. Plan includes both employee and family contact information. How do we communicate when the cell towers are down or overwhelmed.
- Evaluate critical needs. Who absolutely needs to be on the job, how do they get to the job, how do you sustain them? Which local government vehicles are road capable for the emergency? Are your operators trained in driving in adverse

conditions? What infrastructure or technology needs to be active, what can you do without , what are the priorities?

- Coordinate with community partners, hospitals, elder care locations, schools, non governmental organizations that also respond. Coordinate with adjacent local governments.
- Build disaster supply kits for vehicles, offices, and facilities, that provide for basic food, water, and other supplies (flashlights, blankets, etc).
- Have a business continuity plan for during and post emergency.
- What training can you do now that could help? Cold injury prevention and awareness! Winter

driving considerations!

- Test and evaluate your plans. Will the plans do what we think they will do?
- If you already have a plan, review and update. If you do not have a plan, now is the time to create one.

Emergency planning is a continues process. We tend to become complacent when no emergency exists. The longer between events the more we lose our edge, and our earlier well thought out plans lapse. A few winters ago, we were caught by surprise and unprepared. Let us keep our guard up.





SAFETY THEME POSTER

SEPTEMBER 2022 ISSUE #18

MISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

Reep an "EYE" out for **Hurric Canes** and and biscusses

Be Red Cross Ready

Hurricane Safety Checklist

Hurricanes are strong storms that cause life- and propertythreatening hazards such as flooding, storm surge, high winds and tornadoes.

Know the Difference

Hurricane Watch—Hurricane conditions are a threat within 48 hours. Review your hurricane plans, keep informed and be ready to act if a warning is issued.

Hurricane Warning—Hurricane conditions are expected within 36 hours. Complete your storm preparations and leave the area if directed to

Preparation is the best protection against the dangers of a hurricane.

What should I do?



- Listen to a NOAA Weather Radio for critical information from the National Weather Service (NWS).
- Check your disaster supplies and replace or restock as needed.
- Bring in anything that can be picked up by the wind (bicycles, lawn furniture).
- □ Close windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- □ Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- \hfill Fill your car's gas tank.
- □ Talk with members of your household and create an evacuation plan. Planning and practicing your evacuation plan minimizes confusion and fear during the event.
- □ Learn about your community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for your pets to be cared for.
- Evacuate if advised by authorities. Be careful to avoid flooded roads and washed out bridges.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

What supplies do I need?

do so by authorities.



- □ Water—at least a 3-day supply; one gallon per person per day
- □ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- 🖵 Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- 🖵 First aid kit
- □ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- □ Sanitation and personal hygiene items
- □ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- \Box Extra cash
- 🖵 Emergency blanket
- \Box Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- □ Tools/supplies for securing your home
- □ Extra set of car keys and house keys
- □ Extra clothing, hat and sturdy shoes
- 🖵 Rain gear
- □ Insect repellent and sunscreen
- Camera for photos of damage

Let Your Family Know You're Safe

If your community has experienced a hurricane, or any disaster, register on the American Red Cross Safe and Well Web site available through **RedCross.org/SafeandWell** to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

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What do I do after a hurricane?



- □ Continue listening to a NOAA Weather Radio or the local news for the latest updates.
- □ Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.
- □ If you evacuated, return home only when officials say it is safe.
- Drive only if necessary and avoid flooded roads and washed-out bridges.
- Keep away from loose or dangling power lines and report them immediately to the power company.
- Stay out of any building that has water around it.
- □ Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
- □ Use flashlights in the dark. Do NOT use candles.
- □ Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
- □ Check refrigerated food for spoilage. If in doubt, throw it out.
- Wear protective clothing and be cautious when cleaning up to avoid injury.
- Watch animals closely and keep them under your direct control.
- □ Use the telephone only for emergency calls.





Minute Safety Talk

Hurricanes



impact connection

When a hurricane makes landfall, it often produces a devastating storm surge that can reach 20 feet high and extend nearly 100 miles. Ninety percent of all hurricane deaths result from storm surges. National Geographic

Site-Specific Guidelines

What Are Hurricanes?

Hurricanes are defined as when a storm's maximum sustained winds reach 74 miles per hour (*National Oceanic and Atmospheric Administration*). Hurricanes can reach up to 200 miles per hour.

Hurricanes form over tropical and subtropical ocean waters. Some hurricanes push a wall of water onto land, causing flooding and other damage. Along the coasts, this type of storm surge represents the greatest threat to people and property. While hurricanes hit coastal areas, their effects can also be felt a few hundred miles inland.

What Is a Hurricane Watch?

A hurricane watch indicates that conditions are possible and should be watched over the next 48 hours.

WHAT TO DO

- Review the location of the closest emergency exit.
- Wait for further instructions.

What Is a Hurricane Warning?

With a warning, a hurricane is expected within 36 hours.

WHAT TO DO

- Do not come to work if advised to stay at home.
- Wait for direction on whether to evacuate or shelter in place. Never use the elevator in an evacuation, only the stairs.
- Know your shelter in place locations, and stay clear of windows and glass doorways. This is generally on the first floor in an interior room which may be less affected by strong winds and flood waters.
- Olose interior doors and brace them so they don't open easily.
- Keep blinds and window coverings closed if no interior room is available.
- For more protection, get under a sturdy object like a heavy table or desk.
- Cover your head with clothing, blankets and even hands for additional protection.





Weather & Natural Disasters

impact connection

Extreme heat kills more people than hurricanes, floods, tornadoes and lightning combined. *National Weather Service*

Site-Specific Guidelines



This **Risk Map** highlights locations of some of the major weather and natural disasters across the United States.

- Most areas in the country are affected by floods and earthquakes.
- Tornadoes occur primarily in the Midwest and South.
- Since hurricanes form over ocean waters, they occur along coastlines.
- Tsunamis are specific to the West Coast and islands south of the United States.

Prepare for a **Weather or Natural Disaster** Emergency

- Become familiar with your organization's weather and natural disaster emergency plan.
- Learn about the alarm system and any distinctive alarms used in the case of a weather or natural disaster emergency.
- Know the location of emergency supplies such as non-perishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting and plastic garbage bags.
- Be aware of the reliable external sources for up-to-date weather and natural disaster information.
- 5. Know the difference between a weather watch and weather warning.

General Self Inspection Program

Location, A	Location, Area, or Department: Date:									
Surveyor:										
General	Evaluation	Needs Action	Needs Improvement	Good	Very Good					
a. b. c.	ty/Liability Fire protection Housekeeping Slip/trip/fall Public safety									
a. b. c.	yee Safety Safety meetings Safety rules Work conditions Auto/equipment									
Fire protect Emergenc Fire exting Fire alarm Automatic Automatic Flammable Smoking,	//Liability ction y numbers posted juishers available/servi panel showing system sprinkler system contr sprinkler heads clear of e, combustible liquids s e, combustible liquid of No Smoking areas designed the butts noticed in No	is operational; r ol valve locked i of storage within stored in UL-liste ontainers stored gnated/marked.	n open position. three feet. d containers. in proper cabinet o	or container.		Yes	No			
Comments	5:									
Furnace, h Work and Floor surfa Stored iter	clear of combustible it ot water heater, and ele public areas are clear of aces kept clear of oils, o ms are not leaning or ir s:	ectrical panel are f extension cord other fluids, or w nproperly suppo	ls, boxes, equipme vater. orted; heavy items :	nt, or other t						
Handrails Guardrails Stair hand Floor surfa All rugs ar Any holes, Wet floor s	Is are in good condition for all stairs/steps. for all elevated platfor rails are in good condit aces are even, with non e held down or have no , pits or depressions an signs are available and	ms. tion; not loose o I-slip wax if appl on-slip backing. e marked with ta	r broken. icable.	guardrails.						
Commente	s'									

General Self Inspection Program

Public Safety	Yes	No
Public areas kept clear of storage and supplies.		
Emergency lighting for public assembly areas in buildings.		
Evacuation plans posted for public assembly areas in buildings.		
Public areas have necessary warning or directional signs.		
Construction work has barriers, covers, and markings.		
Street and road signs noted in good condition, clear of obstructions.		
Sidewalks smooth and even; no holes, no raised or broken areas.		
Comments:		

Employee Safety

Safety Meetings

Held in the department. Meetings held monthly guarterly other ; documented	
Different topic each time. Covers department safety rules.	
Safety Rules	
Rules specific for this department. Rules are written, posted in the department. Reviewed with new employees.	

Work Conditions

Employees exposed to:HeatColdRain/sleet/snowUse of chem NoiseWork in confined spacesWork in tren		
TrafficBlood/body fluidsOther		
Proper personal protective equipment available		
Respirators, goggles, face shields, chemical gloves, traffic vests, appropriate clo	othing	
Trench boxes/shoring for trenching, ear plugs/muffs, body armor (law enforcem	nent)	
Confined space equipment, harness, air testing equipment, ventilation equipme	ent, tripod	
Fire department turn-out gear, blood-borne pathogens kits		
Personal protective equipment required to be worn.		
Employees trained on proper use.		
Equipment properly maintained.		
Shop equipment has proper guards to protect from pinch or caught-between type in	njuries.	
Chemicals used in the department.		
MSDS sheets available; employees trained on hazards, proper use, proper PPE	to use.	
Comments:		

Auto and Equipment

Seat belts provided.	
Seat belts required to be used.	
Drivers noted wearing seat belts.	
All lights working including strobe lights, turn signals.	
Tires in good condition, tread, sidewalls.	
Glass in good condition; not cracked, broken.	
Reflective tape, signs in good condition.	
Any periodic, documented, self-inspection of the vehicles/equipment.	
Proper guards on mowers, other equipment.	

Comments:_____

Safety Meeting Attendance Sign Up Sheet

City/County:		
Date:		
Department:		
Topic:		
Attendees:		
	-	
Next meeting scheduled for		
Safety Coordinator		



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SHARE

SEPTEMBER 2022 - ISSUE 18.0

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

VISITTHE LGRMS UGRMS VEBSITE For more information. www.lgrms.com

Has your organization undergone any changes in personnel? Are there other staff members that you would like to receive a copy of our publications? If so, please complete the form on p. fa9



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